



Sweet Tooth Treats

Most children love cookies and special treats, but they are often high in sugar and fat. Try these recipes for a healthier way to satisfy that sweet tooth.

New Oatmeal Raisin Cookies

- 3/4 cup sugar
- 2 Tbsp margarine or butter
- 1 fresh large egg
- 2 Tbsp low-fat milk
- 1/4 cup applesauce
- 3/4 cup flour
- 1/4 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp salt
- 1-1/4 cup quick cooking oats
- 1/2 cup raisins

Preheat oven to 350° F.

Cream sugar and margarine or butter until smooth and creamy. Add egg, milk, and applesauce. Mix well.

Combine flour, baking soda, cinnamon, nutmeg, and salt in a small bowl. Add dry ingredients gradually to the creamed mixture. Mix until blended. Add oats and raisins and mix well.

Drop dough by rounded teaspoons onto lightly greased cookie sheets. Bake for 10–13 minutes until lightly browned. Cool on a wire rack. Makes 2-1/2 dozen cookies.



Peach Bread Pudding

5 slices of bread (whole wheat or raisin)
2 eggs
2 cups low-fat milk
1/2 cup sugar
1 tsp. vanilla
1/2 tsp. cinnamon
1 (15-oz.) can cut peaches
1/2 cup raisins or other dried fruit

Cut or break bread into 1-inch cubes. Drain peaches. Mix eggs, milk, sugar, vanilla, and cinnamon. Add bread to egg mixture and let stand for 5 minutes. Stir in the peach chunks and dried fruit. Pour the mixture into a lightly greased 8" x 8" inch baking dish. Bake at 350° F for 50 minutes or until a knife inserted in the center comes out clean. Makes 10 (1/2 cup servings).

Harvest Pumpkin Bread

1 cup sugar
1/4 cup margarine
1/4 cup applesauce
2 eggs
1 cup solid pack pumpkin
2 cups flour
1/2 tsp salt
2 tsp baking powder
1/4 tsp baking soda
1 tsp ground cinnamon
1/2 cup raisins
1 tsp grated orange rind
1/4 cup orange juice
1/2 cup walnuts, chopped (optional)*

Preheat oven to 350° F. Lightly grease a 9" x 5" x 3" loaf pan or coat with vegetable spray. Beat sugar, margarine, and applesauce until creamy and light. Add eggs,

one at a time, and beat well. Add pumpkin and mix until smooth. Combine flour, salt, baking powder, baking soda, and cinnamon. Stir into pumpkin mixture and mix until smooth. Add raisins, orange rind, orange juice, and nuts (optional). Stir well and pour into loaf pan.

Bake at 350° F for 60–65 minutes. You can test doneness by sticking a wooden pick into loaf. If it comes out clean, loaf is done.

**Caution: Young children may choke easily on some foods, such as nuts, seeds, and raw vegetables such as carrots or celery sticks. Carefully watch children while they are eating these foods.*

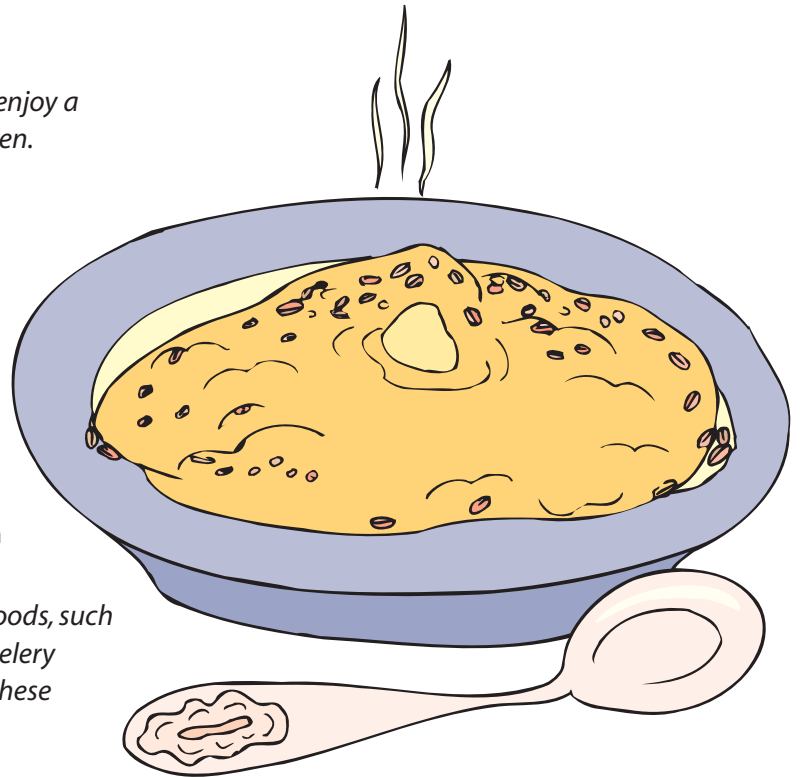
Read the story "Goldilocks and the Three Bears," then enjoy a warm bowl of Apple Oatmeal Porridge with the children.

Apple Oatmeal Porridge

2 cups cooked oatmeal
1 1/2 cups diced apple
1/2 cup chopped nuts*
1/2 cup raisins
1/4 cup molasses
1/2 tsp. cinnamon

Mix all ingredients and pour into a greased casserole dish. Bake at 400° F for 20 minutes. Serve warm with low-fat milk. Makes 7 (1/2 cup) servings.

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Pennsylvania Pathways

Professional Development
for Child Caregivers

PENNSYLVANIA



Cooperative Extension
College of Agricultural Sciences

Sources: Food, Family, and Fun usda.gov, Healthy Snacks for Young Children, Team Nutrition Iowa

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